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DOROTHY LANE MARKET

Olive Oil For Grilling?

For some, olive oil is a tiny little bottle of something you buy for a recipe, and then it's relegated to the back of the pantry to collect dust. For others it's bottled sunshine that daily casts its rays on all kinds of good food. For me and many others at DLM, it is the latter. To illustrate: one day last month, my friend Alex Zanetti, who produces our Vera Jane's oil was visiting from Tuscany. I was bragging to him that I go through at least one or two 500 ml bottles on my own every month. Then my Italian buddy, who looks

like he just materialized out of a page of GQ, scoffs at my lightweight consumption, telling me he uses a 750 ml bottle every week! Ditto for my amigo, Dr. Juan Palomar, who weekly ingests enough of his beloved Spanish oil to float an Armada. "Es bueno para la salud!" he asserts.



If your bottle of olive oil is getting lonely from lack of attention, then consider this: olive oil may be one of the most important ingredients you can have in your home. As to health, research shows it to be a heart-healthy monounsaturated fat. It cleans out your veins, feeds your brain, makes your hair shine, your skin glow, in short, makes you a well-oiled machine. And what does it do for your palate? Olive oil enlivens fresh or steamed vegetables, is the perfect dip for crusty breads, adds body to soups, flavors pasta, and dresses up fresh salad greens like nothing else.

You probably already know all that. "But what about grilling with olive oil?" some ask with apprehension, as if asking such question garners a fine from the food police. Of course you can—and should! Olive oils are not only a "healthy" fat, a good one imparts mouth-watering flavor and moisture to grilled seafood and meats. So, which one to use? Many advocate using a cheap oil. They say that it's a waste of money to use a nicer oil for such an application. They say the taste of the oil doesn't matter when you are grilling with it. I, along with every other self-respecting olive oil fanatic, totally disagree! When you've come to love olive oil, you want to taste its flavor. When grilling at high heat, such as with a steak, use the olive oil only at the end of the cooking process, that is, drizzle the steak with the oil after you take it off the fire. Extra-virgin olive oil does not stand up well to high heat, but low heat is no problem. Whether you use a good oil for light- to medium-heat grilling, say for fish, or for drizzling over your just-grilled, juicy Coleman steak, you will love how much flavor olive oil adds. I've had so many memorable meals where olive oil was a key component. Like the time I was visiting my friends Juan and Nola at their picturesque home in the foothills of the Sierra Nevada Mountains in Spain. Each morning we breakfasted on eggs fried in their beloved Veleta Extra-Virgin Olive Oil, served along with slices of Serrano and Iberico ham.

As you might guess, the Veleta, with its nutty, rustic flavor, is on my list of oils to cook and grill with, especially with eggs and Serrano—a concoction I now fondly call "huevos a la Juan". Or drizzle Veleta over grilled, thick slices of our farmhouse bread that has been rubbed with a ripe tomato and sprinkled with sea salt, and your lengua will be flowing with perfect Castilian Spanish in no time. Another is our own Vera Jane's Extra-Virgin Olive Oil that we import directly from Italy, a peppery celebration of good flavor in the classic Tuscan style. You have to try it on grilled seafood, especially salmon. DLM's Meat and Seafood Director, Jack Gridley, liberally douses it over his Coleman steaks as well. And one more oil I've gotta mention: Antara. I tasted it recently with an importer friend, Kitty Keller, who brings in some of our finest oils and vinegars from Europe. Antara is another Spanish oil, which, in its most recent pressing, is sweet and subtle and has beautiful almond and walnut notes. Haven't used this one in cooking or

grilling yet, but I do know it makes a fab vinaigrette when combined with Kitty's superb vinegar from the south of France—Banyuls. Whether you use these three oils or others, use lots of olive oil this summer for good health, good flavor, and good fun!

- 500 ml Veleta Olive Oil \$11.99 save \$3.00
- 500 ml Vera Jane's Extra-Virgin Olive Oil \$9.99 save \$1.00
- 750 ml Antara Olive Oil \$13.49 save \$1.50

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